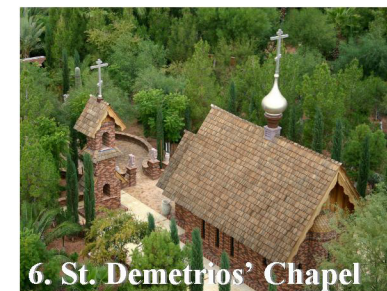
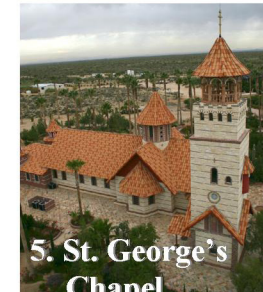
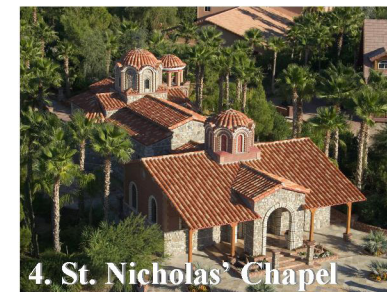
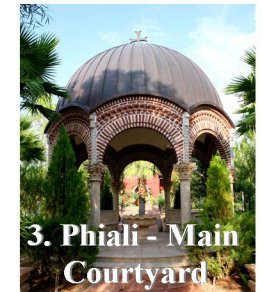
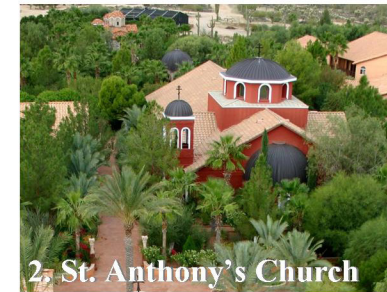


Self-Guided Tour of St. Anthony's Grounds



Welcome to St. Anthony's Monastery!

St. Anthony's Monastery hopes your visit will be a spiritually profitable and pleasant experience. We designed this leaflet to guide you through the monastery grounds, identify the buildings of our home which you are allowed to enter, and provide you with some helpful information. We appreciate your cooperation in making this tour an enjoyable one for you. Please remember that this is our home; it is not a museum. We live, work, and worship here. Please be respectful of our monastic life and try to be unobtrusive during your time here. Do not smoke throughout this monastery stroll. **Please help the monastery by following the highlighted path and visiting only the labeled stops.** Do not open doors that are marked "Do not enter."



Stop-Points of the Self-Guided Tour of St. Anthony's Grounds

- 1. The Gatehouse/Bookstore Area:** This is our welcoming area where you will be greeted and offered a traditional *kerasma* (water and something sweet). This is also where you will be asked to comply with our dress code— please be cooperative and understanding; you are asked to remain dressed in this monastery attire throughout this tour until your final exit. Public rest rooms are located behind the bookstore. We will give you a short introduction to the monastery and instructions about your self-guided tour. We will answer any questions you may have. As you walk through the monastery grounds, remember that you are allowed to take photographs of the landscaping and church interiors, but not of the monks.
- 2. St. Anthony's Church:** Our daily services are conducted in this traditional Byzantine-style, domed basilica church. Men, please remove your caps upon entering the church. As you have noticed, there are no pews in the church; we normally stand during services in the tall seats, the *stasidia*, placed along the walls; of course we can sit in them as well when we get tired. Almost everything that you see in here was brought from Greece. The icon at the front left is the icon of the Virgin of Arizona, specially painted for our monastery. The metal plates under the icons in the church are pilgrims' prayer requests for health. No electric lights are used in the church except for the two fixtures over the octagonal chanters' stands. The candles on the big brass chandelier, which represents the Heavenly Church, are lit on major feast days. The altar is located behind the curtain; please do not enter the altar area here, or in the other chapels. The hand-carved throne on the right is the bishop's throne—please do not sit in it or in the chairs next to it. Public rest rooms are available outside to the right (north) of the main church—please be aware that these are the last rest rooms you will encounter before returning to the gift shop. Please exit the church through the left (south) door and veer to the right to continue the tour. The building to the left of the church is the monastery's dining hall—please, do not enter.
- 3. The Main Courtyard:** It is located behind (west of) the main church—please be careful as you go down the steps. The main monastery courtyard is formed by the monks' cells on the right, the women's guesthouse on the left, and the adjoining housing complexes for visiting bishops, priests and men. Please follow the highlighted paths, but do not enter any of the surrounding buildings.
- 4. St. Nicholas' Chapel:** Continuing west of the stone gazebo with the fountain, you will encounter an exquisite example of Byzantine architecture that will take you to a heavenly realm. St. Nicholas the Wonderworker, the patron saint of sailors, is one of the most beloved saints of Orthodoxy. The Divine Liturgy is sometimes held in this chapel. The building to the left (south) of St. Nicholas' is a monks' house—please do not enter it.

- 5. St. George's Chapel:** Follow the paved path to the left (south) of St. Nicholas, through the orange grove, towards the big white stone chapel of St. George. The Divine Liturgy is sometimes served here as well. The architecture of this chapel is typical of Romania, but again all the furnishings inside and all the icons were brought from Greece. Please take the time to appreciate the hand-carved iconostasis (icon screen in front of the altar) with its intricate, detailed story-telling figures. The three buildings behind St. George are guesthouses and are off limits. The olive grove extends beyond them. You may find it peaceful to sit under the big metal cross exactly to the east. Please return to St. George to continue the tour.
- 6. St. Demetrios' Chapel:** Please return and cross the paved road. Further to the right you will enter St. Demetrios' courtyard area with his large icon on the right and a small Spanish fountain in front of it. Passing through the lush gardens you will reach this rural Russian-style chapel with its golden dome. St. Demetrios was a 4th century duke of Thessalonica who was martyred for his faith in Christ, and his relics remain fragrant to this day; thus he is also called the myrrh-gusher.
- 7. Fountain of the Cross:** Please return to the small Spanish fountain and veer to the right, towards the fountain with a tall stone three-bar cross. Now let us answer the most frequently asked question: the significance of the three-bar cross. This is a traditional Orthodox cross, also called the Russian cross. The top small bar is the sign that was placed on Christ's cross with the inscription "Jesus of Nazareth, King of the Jews". The second bar is for the hands. The bottom bar is the board to which Christ's feet were nailed. The reason it is slanted is this: the thief crucified on the right repented and confessed Christ to be the Son of God and was saved and went to Heaven; the thief on the left went to Hell. Therefore, the right end of the bar points up to Heaven and the left end down to Hell. Now you are ready to continue east through the domed arch.
- 8. St. Seraphim's Fountain and Chapel.** After a short walk, you will see on your right a large brick arch leading to the big Spanish fountain. This chapel is tucked under the thick vegetation to the left of the fountain. This outdoor, peasant, Russian-style chapel is dedicated to one of the most revered Russian saints. Behind the chapel you may rest at the gazebo. When you are ready, follow the winding flagstone path on the left leading you back to the gift shop.
- 9. The Gatehouse/Bookstore Area:** Before you leave feel free to stop at the bookstore where we offer religious items, Greek pastries, preserves, and home-grown organic herbs as well as our own olive oil and olives. Have another glass of St. Anthony's deep artesian water. Please keep your monastery attire on until you are about to leave the monastery; once you return the clothes, please proceed to the parking lot immediately.

Thank you for visiting Saint Anthony's Monastery. We appreciate your understanding and cooperation. Please come see us again soon. May the blessings and grace of our Lord Jesus Christ, through the prayers of Saint Anthony, be upon you always!